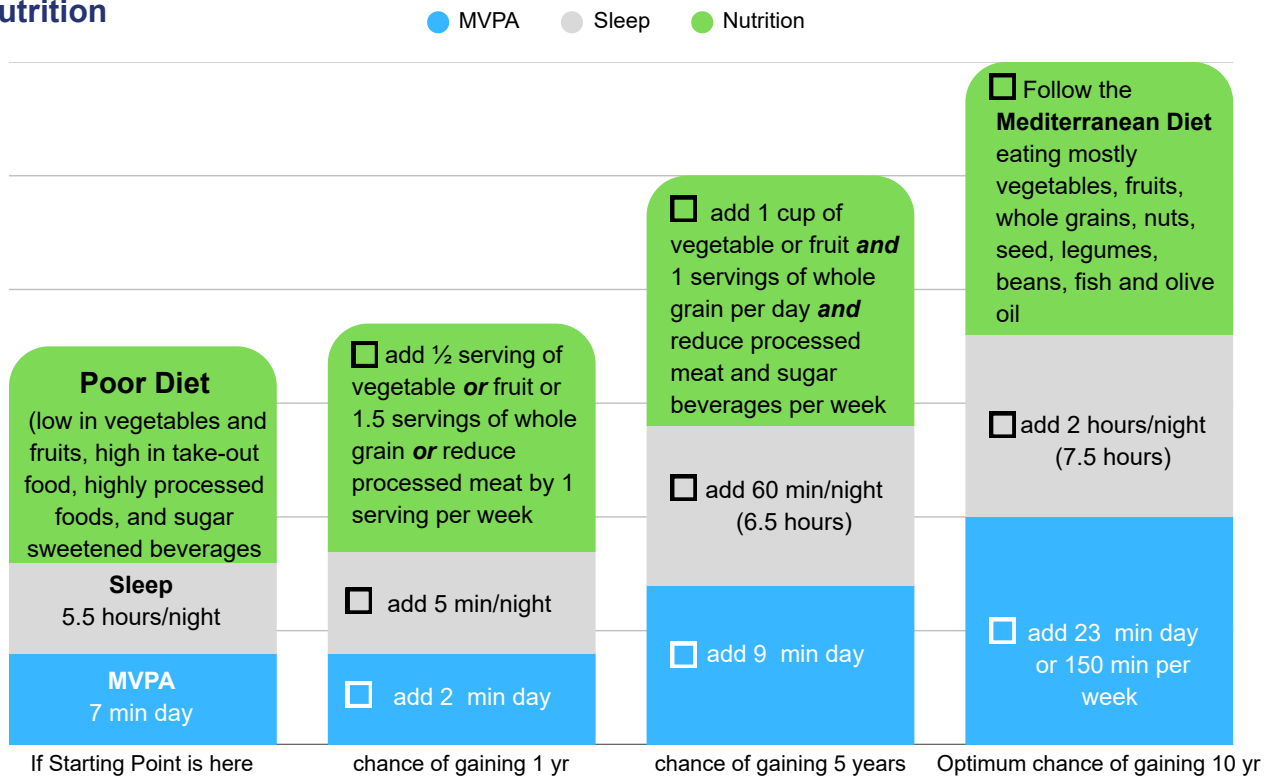


Newer research now tells us that making very modest changes in sleep, nutrition and physical activity can reduce the risk of dying and increase the chance of living more years and years without disease. The catch is that you have to change all 3 areas at the same time and keep it up for the long term. The changes are small, but because they all work together you get bigger health results than if you spent more time in one area.

3 Areas of Lifestyle Change

- Moderate-to-Vigorous Physical Activity or MVPA** (brisk walking, light cycling, gardening, heavy cleaning, dancing, golf, aerobics/fitness exercise, climbing stairs)
- Sleep**
- Nutrition**



Tips for Success:

Minimum combined sleep, physical activity, and nutrition variations associated with lifeSPAN and healthSPAN improvements: a population cohort study, eClinicalMedicine, Volume 92, 2026

- Consistency is more important than perfection. If life gets in the way one day, just start back the next day. Just keep showing up for yourself!
- Set up your environment to help you remember your plan, and if you can, link a new behavior with something you are already doing. For example park farther away and walk faster, or take a brisk 5 min walk after lunch, take the stairs
- Plan a specific wind down time before a set bed time each night and stick to it.
- Plan Easy Swaps: sparkling water or seltzer for soda or sugary drinks, or veggies instead of chips
- Omit the bacon or sausage for breakfast
- Aim for a change in all activities, but start with an easy one and when that is a habit, add the next ones. Gradually add more minutes and better whole food choices. (In the research, physical activity was the primary contributor.)

Provider: _____ Patient: _____ Date: _____